

# Walk in Praise

## 行在讚美中

以弗所 Ephesians 5:19-20



## 以弗所 Ephesians 5:19-20

THE WORD OF GOD

19 當用詩章、頌詞、靈歌、彼此對說、口唱心和的讚美主。

20 凡事要奉我們主耶穌基督的名常常感謝父 神。

19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,

20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.



# 歌唱改變頭腦

# Singing Changes Our Brain



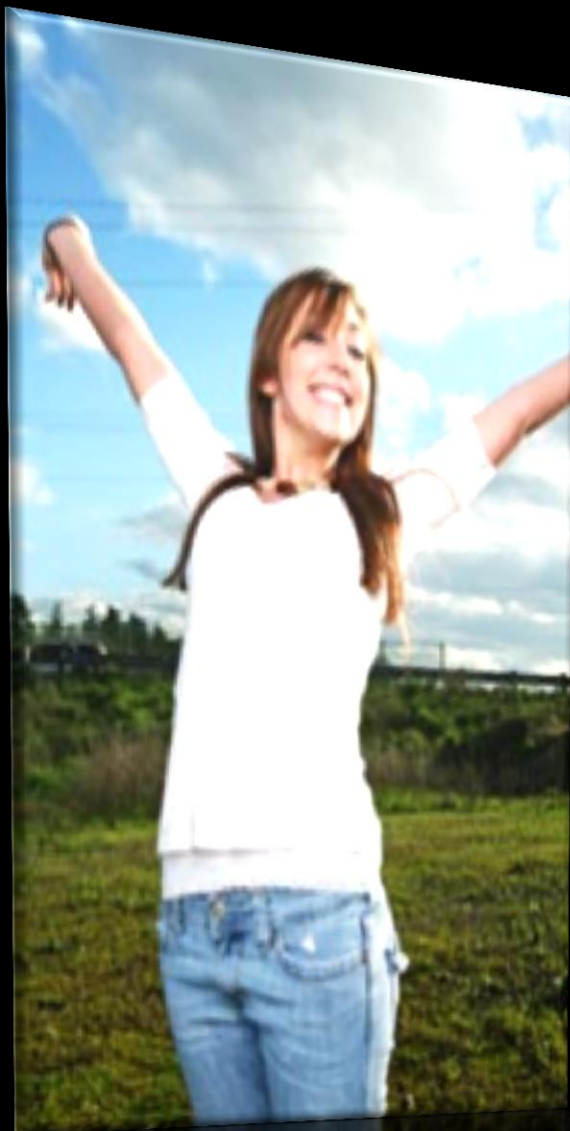
## Singing Changes Your Brain

Group singing has been scientifically proven to lower stress, relieve anxiety, and elevate endorphins.

By Stacy Horn @StacyHorn | Aug. 16, 2013

When you sing, musical vibrations move through you, altering your physical and emotional landscape. Group singing, for those who have done it, is the most exhilarating and transformative of all. It takes something incredibly intimate, a sound that begins inside you, shares it with a roomful of people and it comes back as something even more thrilling: harmony. So it's not surprising that group singing is on the rise. According to Chorus America, 32.5 million adults sing in choirs, up by almost 10 million over the past six years. Many people think of church music when you bring up group singing, but there are over 270,000 choruses across the country and they include gospel groups to show choirs like the ones depicted in *Glee* to strictly amateur groups like Choir! Choir! Choir! singing





Endorphins act as analgesics, which means they diminish the perception of pain. They also act as sedatives. They are manufactured in your brain, spinal cord, and many other parts of your body and are released in response to brain chemicals called neurotransmitters. The neuron receptors endorphins bind to are the same ones that bind some pain medicines. However, unlike with morphine, the activation of these receptors by the body's endorphins does not lead to addiction or dependence. (Quoted from WebMD)



# 一. 我們的神是喜歡歌唱的神

God likes to Sing

西番雅 Zephaniah 3:17

耶和華你的 神、是施行拯救、大有能力的主、他在你中間必因你歡欣喜樂、默然愛你、且因你喜樂而歡呼。

“The LORD, your God, is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing”

(NRSV)





# 一. 我們的神是喜歡歌唱的神

馬太 Matthew 26:30

他們唱了詩、就出來往橄欖山去。

And when they had sung an hymn, they went out into the Mount of Olives.



## 二. 神也喜歡我們歌唱 God Likes Us to Sing

詩篇 Psalm 47:6

你們要向神**歌頌**、**歌頌**  
向我們王**歌頌**、**歌頌**。

詩篇 Psalm 96:1-2

1 你們要向耶和華**唱新歌**。全地都要向  
耶和華**歌唱**。2 要向耶和華**歌唱**、稱  
頌祂的名、  
天天傳揚祂  
的救恩。



A decorative box with a yellow border containing the text "Sing to the LORD a new song; sing to the LORD all the earth. Sing to the LORD, praise His name; proclaim His salvation day after day." The background of the box is green with a subtle pattern.



# 二. 神也喜歡我們歌唱 God Likes Us to Sing

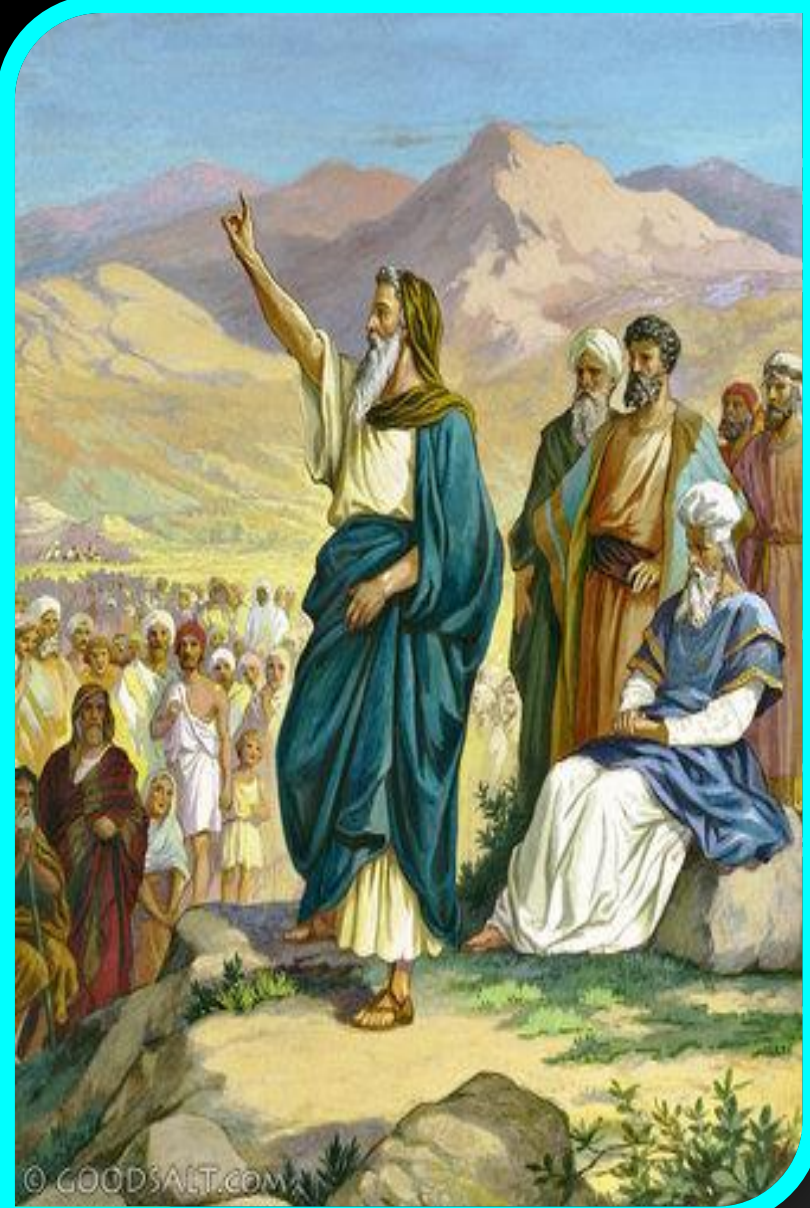
## The Song OF MOSES 摩西之歌

PART I

<sup>3</sup> I will proclaim the name of the Lord  
O praise the greatness of our God  
<sup>4</sup> He is the Rock, His work is perfect  
and all His ways are judgment.  
A faithful God Who does no wrong,  
upright and just is He.

DEUTERONOMY 32

申命記 32



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# 二. 神也喜歡我們歌唱 God Likes Us to Sing

## 天上的敬拜 Worship in Heaven (Revelation 4-5)



# 三. 感謝讚美的益處

## Benefits of Thanksgiving and Praise

### 1. 進入神的同在 Enter the presence of God

詩篇 Psalm 100:4

當稱謝進入祂的  
門、當讚美進入  
祂的院。當感謝  
祂、稱頌祂的名。

**ENTER HIS GATES  
WITH THANKSGIVING,  
AND HIS COURTS WITH  
PRAISE!  
GIVE THANKS TO HIM;  
BLESS HIS NAME!**

PSALM 100:4





# 三. 感謝讚美的益處

## 2. 表達我們的情感和愛戴

Express our emotion and affection

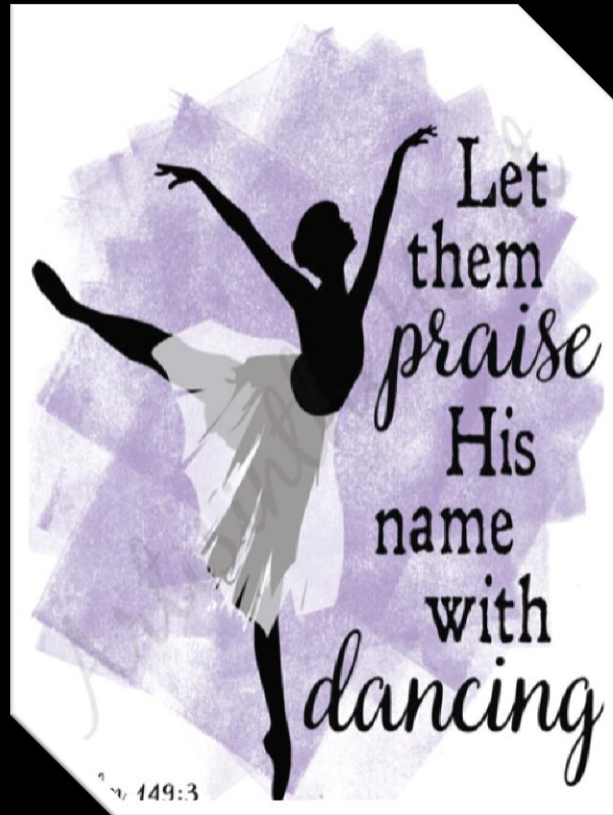
詩篇 Psalm 95:2

我們要來感謝祂、  
用詩歌向祂歡呼。

Psalm 95:2

Let us come before him with  
thanksgiving and extol him  
with music and song.

詩篇 Psalm 149:3



願他們  
跳舞讚  
美祂的  
名、擊  
鼓彈琴  
歌頌祂

## 三. 感謝讚美的益處

3. 增強教會的合一 Strengthen church unity

以斯拉 Ezra 3:11

他們彼此唱和、讚美稱謝耶和華、說、祂本為善、祂向以色列人永發慈愛。他們讚美耶和華的時候、眾民大聲呼喊、因耶和華殿的根基已經立定。

Ezr 3:11 And they sang, praising and giving thanks to Yahweh, because *He* is good, for His mercy *endures* forever toward Israel.



# 三. 感謝讚美的益處

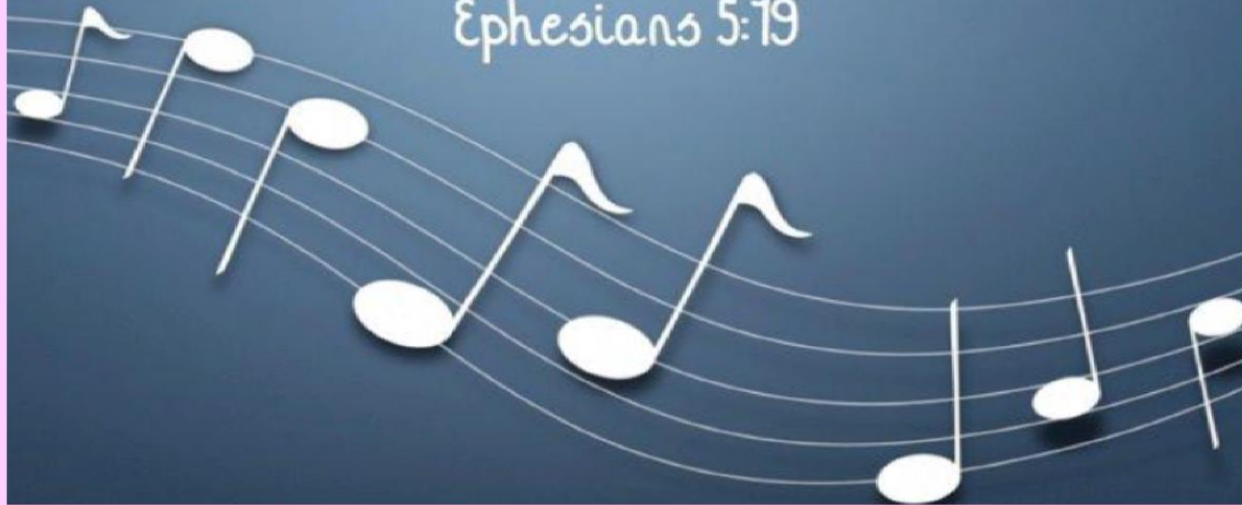
3. 增強教會的合一 Strengthen church unity

以弗所 Ephesians 5:19

當用詩章、  
頌詞、靈歌、  
彼此對說、  
口唱心和的  
讚美主。

Sing psalms and hymns and spiritual  
songs among yourselves, and make  
music to the Lord in your hearts.

Ephesians 5:19



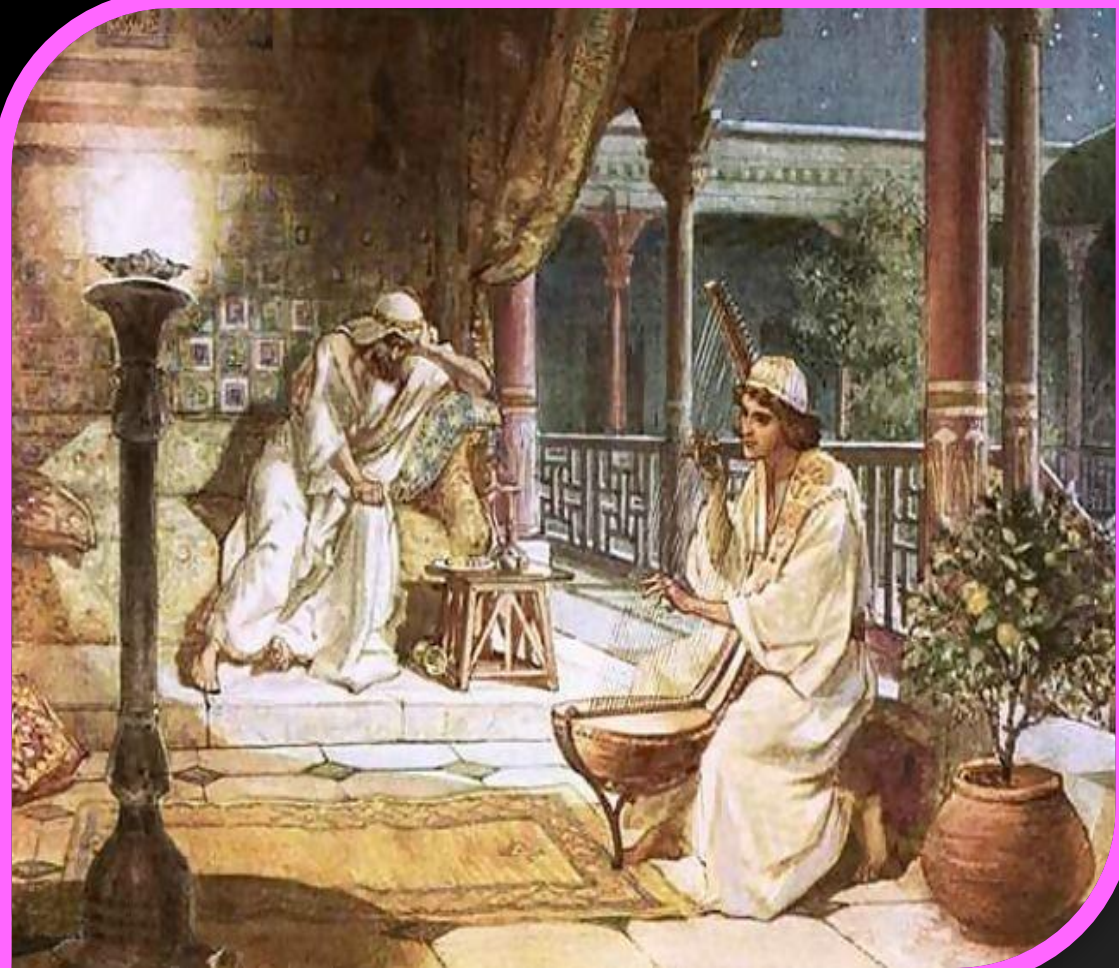
# 三. 感謝讚美的益處

## 4. 爭戰的武器

Use the Weapon of Warfare

- 當大衛彈琴時，惡魔就離開掃羅

When David played  
a harp, evil spirit  
would leave Saul  
(撒下 1 Samuel  
16:23)





# 三. 感謝讚美的益處

## 4. 爭戰的武器 Use the Weapon of Warfare

### ■ 詩篇 Psalm 18:3

我要求告當  
讚美的耶和  
華。這樣我  
必從仇敵手  
中被救出來。

I will call  
upon the LORD,  
who is worthy  
to be praised:  
so shall I  
be saved from  
mine enemies.  
-Psalm 18:3



# 三. 感謝讚美的益處

## 4. 爭戰的武器 Use the Weapon of Warfare

- 約沙法王的得勝 Jehoshaphat's victory  
(代下 II Chronicles 20)





# 三. 感謝讚美的益處

## 5. 打斷鎖鏈得自由

Break chains and set us free

徒 Acts 16:25-26

25 約在半夜、保羅和西拉、禱告唱詩  
讚美 神。眾囚犯也側耳而聽。

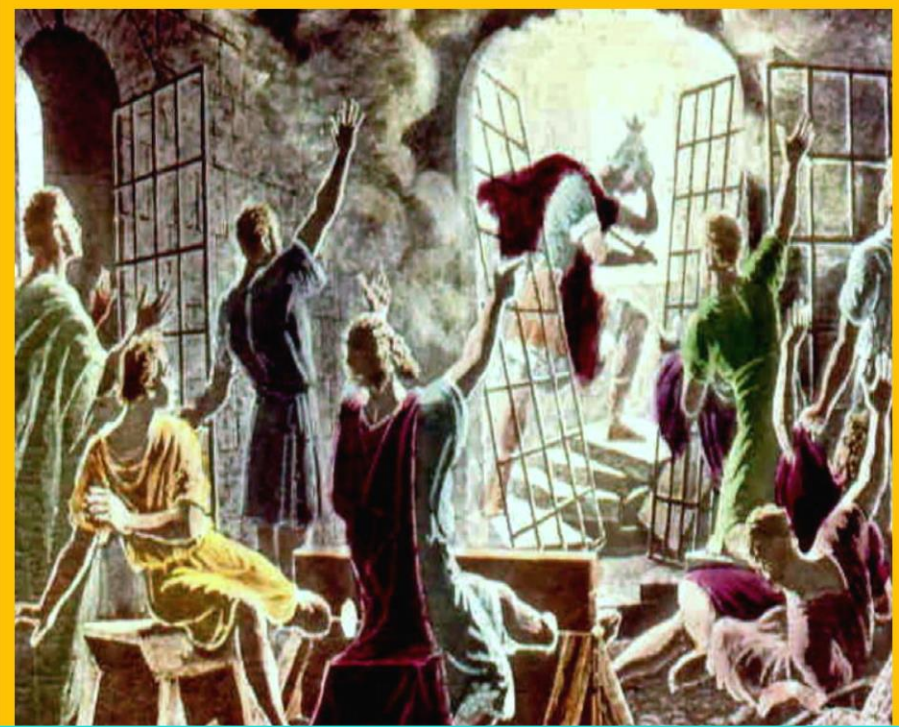
*<sup>25</sup> And at midnight Paul and Silas  
prayed, and sang praises unto  
God: and the prisoners heard  
them.*



# 三. 感謝讚美的益處

## 5. 打斷鎖鏈得自由 徒 Acts 16:26

忽然地大震動、甚至監牢的地基都搖動了。監門立刻全開、眾囚犯的鎖鍊也都鬆開了。



<sup>26</sup> And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed.





# 三. 感謝讚美的益處

## 6. 突破難處得勝

Overcome difficulties with breakthrough

- 征服耶利哥城 The conquest of Jericho (Joshua 6)





Still  
Small  
Voice

Performance

Blame

Anger

Anxiety

Control

Sadness

Depression

Pride

Fear



# 三. 感謝讚美的益處


## 7. 內在醫治最好的良藥

Take the best medicine of inner healing

### 詩篇 Psalm 103:1-2

1 我的<sup>心</sup>哪、你要稱頌耶和華。凡在我裡面的、也要稱頌祂的聖名。

2 我的<sup>心</sup>哪、你要稱頌耶和華、不可忘記祂的一切恩惠。



“Bless the LORD, O my soul:  
and all that is within me,  
bless His holy name. Bless  
the LORD, O my soul, and  
forget not all His benefits”





# Joni Eareckson Tada 的故事

“I really would rather be in this wheelchair knowing Jesus as I do than be on my feet without him.”

“我情願坐輪椅認識耶穌，勝過能站立卻沒有耶穌。”



# Joni Eareckson Tada 的故事

"Ten words have set the course for my life: *God permits what he hates to accomplish what he loves.*"

“10個字為我的  
人生鋪平了道路：  
神允許災難卻要  
成全愛。”





讓我們一起稱頌讚美主

*Let's Sing Thanksgiving  
and Praise*

colourbox

